

LOCAL NEWS

■ AGRICULTURE



MARYANNE FIRTH/STAFF PHOTO

Bryan and Anne Durst of Bry-Anne Farms in Fenwick ready their Foss Rd. stand with sweet corn, which is expected to be available well into September.

■ CORN

Time for foodies to get an earful

From Page 1

Though many people associated sweet corn with barbecue season, Bryan Durst, who owns the farm alongside wife Anne, stressed the message that late planting means fresh crops will be available well into September.

"We're about two weeks later than we were planning, but the crop is good," Durst says while at the Foss Rd. farm.

"We have delayed sequential planting so we still have young, tender product at the end of the season."

The corn is planted in such a way that there are crops ready to be picked from the more than 80 acres every day.

"We always have a new patch to pick," Durst says.

For us, the most difficult thing to master is getting the right maturity every day for 90 to 100 days in a row."

It's a skill Durst has been working to perfect all his life, learning from his family who has been planting corn for more than 100 years.

Throughout his life, Durst has also gained a solid understanding of the different types of corn and how they vary in taste.

"There are hundreds of thousands of varieties of sweet corn. All different kinds, different classes," he says.

When buying local corn locally, he recommends chatting up the vendor to help determine the kind that may best suit your taste buds.

Corny cooking tips

MARYANNE FIRTH
QMI Agency Niagara

Chef Osvaldo Avila wants to share a kernel of knowledge with Niagarans.

The professor at Niagara College's Canadian Food and Wine Institute gets excited each year when sweet corn season rolls around, and he's hopeful shoppers will take advantage of the fresh local produce.

To get ears perked, he's offering up some corny cooking tips.

First and foremost, the fresher, the better, Avila

said, recommending a stop at a local farm or market before hitting the kitchen.

"To get the best flavour from sweet corn, it should be eaten as soon as possible, since the sugars will begin to convert to starches as soon as it has been picked."

If corn isn't being cooked right away, keep it in the fridge, he said, as it will lose its sweetness faster if stored at room temperature. Husks should be left on until it's time to cook.

When it comes to cooking cobs in a hot pot of water, it's a common misconception

that water should be boiling, Avila said.

"It should be steaming, but you don't want the hard bubbles," he said.

"You don't want to rush anything. You should never be rushing food."

For those who prefer their corn on the grill, medium heat is the way to go.

Avila recommends brushing the cobs, husks removed, with margarine or olive oil before placing them on the barbecue.

Other easy family-style dishes Avila recommends for fresh corn include tama-

CORN FRITTERS

1 cup fresh corn kernels,

ground to a pulp

1 egg, well beaten

¼ tsp anise, ground

Salt to taste

Pepper to taste

Oil for frying

Instructions: Mix all the ingredients. If the batter is too thin, add just a small amount of Maseca corn

flour and mix well. Drop

in hot (375° F) frying oil a

spoonful at a time. Flip over

and cook until both sides

are golden brown. Dry on

paper towels. Share and

enjoy!

— Recipe by Chef Osvaldo

Avila, Niagara College

professor at the Canadian

Food and Wine Institute

maryanne.firth@summedia.ca

Twitter: @mfrithfbuue

les, corn risotto, corn stew, quinoa and corn salad, and corn panna cotta.

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LEISURE

Fly fishes could get hooked on this book

GREG FURMINGER
QMI Agency Niagara

There's a certain romanticism about fly fishing, being at one with nature while sailing a line through the air and into a crystal-clear stream surrounded by tall pines.

Think Robert Redford's *A River Runs Through It*.

In reality, that love affair with the leisure sport takes some getting used to. And it requires plenty of patience and practice.

But Brian Green hopes to get you hooked — and help with Twelve Mile Creek preservation efforts while doing so.

The 68-year-old Pelham man has penned *Introducing Fly Fishing: Getting Started in the Art and Science of Fishing with Bits of Fur and Feather*.

The 40-page pocket-sized guide tells of the basics of the sport: the gear, the techniques, the fish, the best spots to cast a line, and a bit on flies and tying.

When the now retired Niagara College broadcasting teacher first waded into fly fishing, there was a lot of trial and tribulation in learning technique and some of the ins and outs so that the pastime was enjoyable and not a job.

"The book is an attempt to short-cut that huge knowledge base that is really required to learn the sport," he says.

"It takes looks so nice, it looks so fluid that people want to know how to do it."

Few people, he adds, can pick it up rather quickly, others may not grasp the handle of it over a lifetime.

As opposed to spin or bait casting for sport or food, fly fishing is more "gentle, contemplative" and "zen-like."

"It's more about being in nature tricking fish, catching them and letting them go."

But it can be expensive. Green says the stereotype of a wealthy, older man casting a line into the water tends to ring true.

"You can pay \$1,000 for a rod with-

out breathing a word. You can pay \$1,000 for a reel," he says.

Rods, he adds, are most worth their expense, although they can be picked up much cheaper; while the reel — or pulley — is secondary.

The sport's long poles are in part necessary to trout weightless lines that carry only an artistic hook forward and backward.

Green says fly fishing "seems to attract the conservation-minded" people, such as himself.

All profits from his \$10 book are being directed to Trout Unlimited Canada's Niagara chapter efforts to make the Twelve Mile Creek more inhabitable for brook trout — the "canary in the coal mine" for fish habitat — which need clear, clean, cold water. The organization is working to enhance sections of the creek's headwaters from Pelham downstream to Short Hills Provincial Park.

"It's a matter of feeling responsible for the environment," says Green, a Trout Unlimited member.

Never in his lifetime, though, will the Twelve be suitable for fishing the "fragile" brook trout.

Locally, the Niagara River (though big and the mouths of peninsula creeks on Lakes Erie and Ontario are suitable for fly fishing, but the best close spots are along the Grand or Saugeen rivers, or the headwaters of the Credit River and Bronte Creek.

A good practice spot, Green says, is the Welland Recreational Canal.

More detailed information is provided in the book, written by the man credited also with writing college textbooks *The Bare Essentials* and *Easy Essentials* for English, and *Canadian Broadcast News: The Basics*.

Introducing Fly Fishing is available at Outdoors Oriented on Fourth Ave. in St. Catharines or through Green Ink Publishing at green_ink@sympatico.ca.

The book is dedicated to one of Trout Unlimited's Niagara chapter principal founders, Len Yust, and illustrated by member Kemp Reece.

greg.furminger@sumedia.ca
Twitter: @GregAtTheB



GREG FURMINGER/STAFF PHOTO

Pelham author Brian Green has written a 40-page pocket guide called *Introducing Fly Fishing*, from which all profits will be directed toward Trout Unlimited Canada's Niagara chapter efforts to revitalize and protect Twelve Mile Creek and other cold water resources.

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e-mail: welland.tribune@sunmedia.ca
John Tobon, Publisher, Print & Digital
Peter Conradi, Managing Editor

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COMMENT

Pelham's interests promoted at AMO conference

DAVE AUGUSTYN
For PelhamNews

Last week, Councillors Catherine King and Peter Papp, town CAO Darren Ottaway and I attended the 115th annual Association of Municipalities of Ontario Conference (AMO). The conference offers a range of learning sessions and networking opportunities for municipal leaders.

More than 1,200 delegates attended the three-day event in London themed "At the 4-Front."

While at AMO, your Pelham reps also directly advanced your interests with the provincial government through meetings with various ministries.

First, we met with MPP Lou Rinaldi, parliamentary assistant to the minister of

municipal affairs and housing, to propose changes to the Greenbelt Plan and to the Ontario Municipal Board (OMB). We asked that the commercial district of Ridgewill be included as a "hamlet" during the 21st review of the Greenbelt; we also suggested that the government relax the rules to make it easier for towns to build fire stations in the Greenbelt and that they consider more flexibility for farm operations. Then we suggested improvements to the OMB appeal process based on the months and months of delays we faced before the ultimate approval of the town's official plan and east Fonthill secondary plan.

Next, we met with Arthur Potts, MPP and parliamentary assistant to the minister of agriculture and rural affairs, regarding a potential multifaceted community centre. We outlined the extensive process we have

used to determine the need for and feasibility of a centre; we also explained our need for provincial funding to help make the construction more affordable. Finally, we outlined the other important developments in the east Fonthill area — the medical centre, the retirement home, the home for Wellspring Niagara and the additional retail businesses.

Then we met with Kathryn McGarry, MPP and parliamentary assistant to the minister of transportation, regarding the proposed streetscape cross-sections — including separate bike and walking paths — and the construction of a public square in the east Fonthill development. We also asked to work together with MTO to increase the "way-finding" signage to Pelham.

We met also with Eleanor McMahon, MPP and parliamentary assistant to the minister

of natural resources, and expressed our deep appreciation for the recent protection of the Fonthill Kame as an area of natural and scientific interest. The ministry protected the kame after our five years urging, and we requested that protections remain untouched for many decades.

Finally, I also joined other Niagara mayors and the regional chair to meet with Transportation Minister Steven Del Duca to express the rationale for an extension of GO Transit commuter rail service to Niagara.

Please be assured that council and I will continue to take all opportunities to promote Pelham's interests to the provincial government.

You may contact Mayor Dave at mayordave@pelham.ca or read past columns at www.pelhammayordave.blogspot.com.

Shipwrecks — Zonnewij

SKIP OLLIHAM
For Olliham Agency Niagara

The British Government built a number of general cargo ships to help combat the enemy forces and keep supplies flowing during the Second World War.

Many of these had "Empire" names and a few sailed inland to the Great Lakes once the St. Lawrence Seaway opened in 1959.

The *Empire Raleigh* was built at

Sunderland, England, in 1941 and later served Dutch interests as *Vermeer* and *Zonnewijk*.

The latter made three trips to our freshwater shores in 1959 before being sold to a Greek company in 1961. Renamed *Antonakis*, the vessel was carrying a cargo of sugar from Cuba to Shanghai, China, when it went aground off Cape Spartal, near Tangiers, Morocco, on Dec. 6, 1961. *Antonakis* broke in two and became a total loss.



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LOCAL NEWS

Niagara Region: Addressing poverty and public engagement

BRIAN BATTY
For QMI Agency Niagara

Niagara Region has reached out this term to consult the public on public policy and program improvements.

More than 3,800 residents shared their opinions and ideas about the future of inter-municipal transit in Niagara. 3,500 residents engaged with the region through Imagine Niagara — a five-year review of the regional policy plan. This input is being used to prioritize work and plan for the future.

More than 2,300 residents shared their views on regional spending priorities through pre-budget engagement exercises in 2012 and 2013. This assisted council with budget deliberations.

More than 1,000 residents participated in the development of the region's first Housing and Homelessness Action Plan through a survey and a series of consultation meetings and events.

Some outreach efforts were directed to a certain focus.

More than 600 seniors and service providers shared their input during the Aging Well in Niagara engagement exercise, part of the planning process for the service delivery for seniors. In 2012, more than 2,500 residents shared their feedback about where public health should focus its efforts to build and support a healthy community. This information was used to develop a four-year strategic plan.

All of our web-based communication avenues experienced significant growth: 5,700 residents "like" the region on Facebook; 8,700 residents follow Niagara Region on Twitter and regional video content has been viewed 60,000 times on YouTube. Website visits continue to rise so staff continue to opti-

mize web pages for mobile devices.

One of the most productive public engagements is our annual offer of \$1.5 million annually to organizations and local groups to offer programs to prevent and reduce poverty. This program is known as Niagara Prosperity Initiative. More than 72,000 individuals have benefited from these programs since 2008. More than half of these clients surveyed reported improvements in personal circumstances and in neighbourhoods as a result.

We developed a Housing Stability Plan which has helped 4,500 households to date in finding or retaining housing.

Lastly, we conducted a review of homelessness services to set the foundation for improved service delivery and to maximize resources.

Much has been done this term to improve one area of our business plan, being a "responsive" region. Councillors have been guided in policy direction and budget calculations. Several councillors have joined other community residents on the review panel for Niagara Prosperity Initiative. Considerable learning has taken place during these deliberations as we hear from people from diverse walks of life from Niagara. A major initiative for us at Queen's Park is to change the funding formula for housing and homelessness as Niagara Region receives a very small revenue source compared to centres like Hamilton and Windsor. This will be taken up with the new provincial government when we re-book our Niagara Week presentation at Queen's Park.

Brian Batty is a regional councillor for the Town of Pelham, co-chair of the public health and social services committee and a member of the Niagara Prosperity Initiative review team.
brian.batty@niagararegion.ca

■ CANCER FUNDRAISER

Golf pro teeing-up for Wellspring Niagara

QMI Agency Niagara

On Labour Day, Lookout Point Country Club head golf pro JJ Alexander is again going to be hard at work, raising funds for Wellspring Niagara — by hitting 1,000 golf balls.

The second annual feat at the club's practice range — The 1,000 Ball Challenge — will be begin at 7 a.m. on the holiday Monday. Net proceeds will be donated to the build of the new Wellspring Niagara Centre coming to Rice Rd. and Hwy. 20 in Pelham.

Each of the 1,000 golf balls can be purchased for a \$5 donation through Lookout Point Coun-

try Club, Wellspring Niagara or the Town of Pelham. Golf Balls can also be purchased in the day of the event and can be bought in memory and/or in honour of someone fighting cancer or who has lost their fight to cancer.

Alexander hopes to raise \$10,000. A barbecue runs noon to 3 p.m.

The challenge was started last year as a tribute to longtime club member and friend, Carol Smith, who recently died after being diagnosed with a rare form of melanoma. At the time, her doctor had prescribed a prescription that cost up to \$3,000 a month.

Alexander hit 100 golf balls an hour for 10 hours to support his friend last year.

For this challenge, other head golf professionals in the Niagara area have been invited to participate, each asked to sell an additional 100 golf balls at \$5 apiece.

Accelerated Health and Wellness Centre has again committed to being a major challenge sponsor.

If the corresponding number to your golf ball goes into the hole you will be entered for a chance to win \$500, if no golf balls go into the hole, the entire field of entries will have a chance to win \$500.



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LOCAL NEWS

■ **CONSTRUCTION:** \$4-million project on Canboro Rd.

Fenwick construction causing headaches

DAN DAKIN

QMI Agency Niagara

Downtown Fenwick is one big construction zone, there's no arguing that.

But while some people in the town are complaining that torn up roads and sidewalks have left the small Pelham hamlet dangerous and hard to navigate, the mayor said people need to adjust their driving habits and expecta-

tions.

"It's just like other projects. These are improvements to the community and unfortunately you have to break a couple of eggs to make an omelet," Dave Augustyn said.

The \$4-million construction project on Canboro Rd. in Fenwick involves installing storm sewers, burying utility wires and laying down asphalt and sidewalks. The work was initially

delayed while the town waited for Ministry of the Environment approvals, but it's expected to be completed by the end of October. It's a similar face-lift to the one given to downtown Fonthill a few years ago.

Like the Fenwick project, the Fonthill work resulted in complaints from area residents, businesses and people who had to drive through the area.

"They dug the whole thing up

and then they haven't done anything," said David Gillies, who lives outside the downtown Fenwick area, but frequently drives through it. "It seems like they've dumped a pile of gravel in there and then it's just sat there."

That gravel, he said, is dangerous to motorcycle riders like him.

Last Monday afternoon, a 60-year-old woman was taken to hospital with a leg injury after the motorcycle she was riding on crashed in the gravel construction zone near the corner of Church St. and Canboro Rd.

A resident who lives near the intersection, but asked not to be identified, said it was the second motorcycle he has seen go down during construction over the past month.

Gillies, who runs a website for motorcycle enthusiasts in Niagara, blames it on the loose gravel.

"The gravel is very deep and full of pot-holes," he said. "When it's deep it can slow the (motorcycle's) front end down and the back end is still trying to push. It can cause you to crash."

He said there aren't enough cars pass-

ing through the Fenwick construction site to harden the surface.

"Most of the time there's enough traffic on the road that the gravel gets packed down," he said.

Gillies wrote a letter to the editor, which Augustyn said he saw. But he said he's also seen letters supporting this project.

"I drive through it every day and walk through it. It's a construction zone so people need to drive differently," said Augustyn, who lives near downtown Fenwick. "We all think it'll take the same time to get through town, and it doesn't!"

He said driving slowly protects drivers and the construction workers.

Gillies, however, said for motorists it's not about driving slowly, it's about not being able to drive the road at any speed.

"I have a driver's licence, I pay insurance. I shouldn't have to worry about what roads I can or can't drive down. Essentially the road conditions aren't safe enough for motorcycles," he said.

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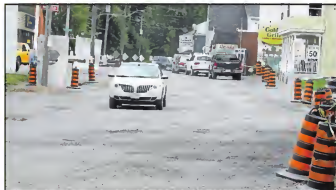
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DAN DAKIN/STAFF PHOTO

A vehicle is driven through the construction zone on Canboro Rd. in Fenwick. The \$4-million project includes new storm sewers, burying utility lines and installing sidewalks and pavement.

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COMMUNITY EVENTS & NEWS

Pelham Farmers' Market – May 1 until October 30 - Pelham Town Square – August 21 Market Bucks Winner: Chris Pierce

Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 1 to October 30, 4:30pm till dusk.

Fenwick 160th Anniversary Commemorative Bricks - The Village of Fenwick celebrated its 160th Anniversary in June 2013. Now you have the opportunity to be a part of Fenwick's future. Purchase a granite brick to be incorporated into the downtown Fenwick beautification project. Standard, double, veteran's & corporate bricks available. Order forms available at Town Hall or pelham.ca. The deadline has been extended, but don't wait to order!

Progressive Bridge at the Pelham Library – Come on Wednesdays for bridge at its friendliest. Partners and refreshments provided. Progressive bridge with supervised play. Have a problem with a hand? Call on our friendly director for guidance. Ed Hills is a certified instructor with the ACBL and ABTA. Wed., Sept. 3, 10, 17, Oct. 1, 8, 29. 10:15–12:15. \$30 per six-week session. Please register ahead pelhamlibrary.on.ca or 905-892-6443.

Fun, Active & Engaged at the Pelham Library – Have fun and some social time while being the best you can be—physically, mentally, emotionally, socially and spiritually. Rita Talosi, RN, BScN, MSN energizes these sessions. No matter what your age or ability, Rita will keep you active. (Mon., Sept. 8, 15, 29, Oct. 6, 20. 10:30. \$30 per five-week session. Please register ahead at pelhamlibrary.on.ca or 905-892-6443.

Free ((Wi-Fi))) available @ Peace Park in Fonthill. Be sure to check it out when attending any summer events or taking a stroll through the park!

NEW TOWN OF PELHAM MUNICIPAL GRANT POLICY

This year, the Town of Pelham has adopted a new grant award system with a new Municipal Grant Policy, replacing the previous Permissive Grant Policy.

This new policy allows not-for-profit organizations, recognized volunteer groups and charities the opportunity to apply for grant funding under two categories:

- project based grants
- user fee subsidy grants

The Town of Pelham will start accepting applications for Municipal Grants on September 1, 2014 with a deadline of September 30, 2014.

Please visit pelham.ca/municipal-grants to review the new policy and to complete the application form.

CALL FOR MEMBERS – TOWN OF PELHAM GRANT AWARD COMMITTEE

The Town of Pelham is seeking three applicants to join the new Grant Award Committee, whose mandate is to provide advice and input into the municipal grant process to enable and encourage citizen involvement in community groups and in civic events related to the self-fulfillment of individuals, and to attempt to provide an excellent quality of life.

If interested, please visit pelham.ca/municipal-grants to complete the application form and to apply by September 5, 2014.

■ **SCHOLARSHIPS:** PenFinancial hosts annual contest

Video contest hands out \$4,000 to Niagara students

DAN DAKIN
QMI Agency Niagara

There were no fancy animations or backgrounds in Vincent Atallah's winning video entry in a PenFinancial Credit Union scholarship contest.

The message, as it turns out, was enough.

In his two-minute entry in the Sprowt.ca Video Scholarship Contest, which

announced the winners last Wednesday, the 18-year-old Denis Morris graduate used startling statistics written on pieces of paper to describe the struggles faces many in the world.

"Three billion people worldwide live on less than \$2.50 per day," Atallah says as he holds up the handwritten words.

Atallah's is one of 13 entries into the \$4,000 scholarship contest organized through Welland-based PenFinancial. This is the fourth year for the contest, which has given away \$14,000 to Niagara post-secondary students.

Atallah is headed to the University of Ottawa next month to major in international development and globalization.

Asked about his dream job, he said there are two options:

"An ambassador for Canada to either Lebanon or maybe France or a lawyer with the United Nations"

Atallah credited his interest in international human rights issues to both his father being Lebanese and time spent studying social justice issues with Niagara Catholic District School Board.

"I was able to see all walks of life in the Niagara region and that piqued my interest to explore different diversi-

ties and the versatility of life and how people come from so many different places," he said. "It inspires me to think: if this is just the Niagara region, how could the rest of the world be thinking in different ways?"

For winning the contest, Atallah was awarded \$2,000 toward his post-secondary schooling. The other four finalists shared the other \$2,000. They included: Emma Hudson, 18, from St. Catharines, a McMaster University student studying to become a neurologist; Jessica Wilson, 18, from Welland, an up-and-coming musician headed to St. Clair College; Yashvi Shah, a 20-year-old

science student from Niagara Falls studying at McGill University; and Miranda MacDougall, 25, from St. Catharines, who is entering her first year in Brock's teacher education program.

Penrinsancial CEO Bob Watson said he found the entries inspiring. "There are those who look hard on the young people and say they're not like they used to be, but I entirely disagree," he said. "I think they're more engaged, more determined, more intelligent and they have great futures ... They're going

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VINCENT ATALLAH

Vincent Atallah, 18, from St. Catharines, is the winner of the 2014 Sprout.ca Video Scholarship Contest through PenFinancial Credit Union. Atallah is headed to University of Ottawa to major in international development and

up to 54/MPG

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LOCAL NEWS

Now at a fruit stand near you – coughnut peaches

TIFFANY MAYER
For QMI Agency Niagara

Forget St. Catharines as the doughnut capital of Canada. How about Niagara as the doughnut peach capital instead?

The fruit, which looks like it came out on the wrong side of a date with a Sumo wrestler, is starting to appear in local orchards and farm stands throughout the region. They're fuzzy like every other example of the quintessential Niagara fruit, but unlike those round orbs we're used to seeing in these regions, the doughnut peach is flat (thanks to a genetic mutation).

Sill, one peach's vicissitude, is another farmer's business venture.

"It's a new marketing opportunity. That's what I'm hoping," says Jack Romagnoli, who planted two varieties of flat peaches, TangO and BuenOs, on his Beamsville farm last year. "People will see it and say, 'I looks different, maybe it will taste different. Let's try it.'"

The appeal of the frisbee-like fruit? They're perfect for eating out of hand, flavourful but milder than your typical Niagara peach, which can leave behind a trail of sticky juice right down to your elbows. Also unlike a globe peach, which you turn on its side to bite into, the trick for eating a doughnut

peach is to bite into it from top to bottom.

"They picture a young woman in a convertible, eating it out of hand," Romagnoli explains, standing amid rows of his young Tang' and Buen's trees, which produced a small harvest this summer. "Usually you need a napkin and a knife to eat a peach. These you can eat like an apple and throw away the pit."

Twelve-hundred doughnut peach trees were planted in Niagara this year, which means the flying saucer-shaped fruit has landed here quite nicely.

The three varieties taking root locally were developed at Rutgers University in New Jersey and brought to the region for testing in 2008 by Ken Slingerland, a tender fruit and grape specialist at what was then the Vineland Research Station. They became available for local commercial production in 2013, giving Niagara farmers the chance to compete with the California counterparts that started showing up in grocery stores about 10 years ago.

"Everyone right now is looking to differentiate themselves," says Lana Culley, director of business development at Vineland Research and Innovation Centre. "It gives growers and marketers the power to brand around something unique."

But more important than the doughnut peach's quirky appearance, which will help it fetch a premium at Romagnoli's Greenlane Rd. farm stand, is its taste.

"You just wanted to stand in an orchard and eat peaches," Romagnoli says with smile as he plucks a yellow TangO and red BuenOs and passes them my way.

After knowing the five minutes, the guy has me pegged and his doughnut peaches have me hooked. The TangO, compared online to a Baby Gold, doesn't look like much, but packs the perfect peach punch. It's sweet with a slightly acidic kick, and juicy, though nothing I couldn't handle sans napkin.

The Buen's, with its

eye-catching red cheek, is equally sweet but milder. Although I don't have a convertible to test Romagnoli's theory, both are very easy to eat while walking between rows of trees.

I predict a hit. Romagnoli foresees a bit of a predicament.

"We just don't know how we're going to pack them," he says, his grin widening. "Like doughnuts or Timbits?"

Tiffany Mayer writes about local food and farming at eatingniagara.com. Her first book, *Niagara Food: A Flavourful History of the Peninsula's Bounty* (The History Press), is released Sept. 2. You can reach her at eat@tiffanyagmail.com or on Twitter @tiffanyagmail.



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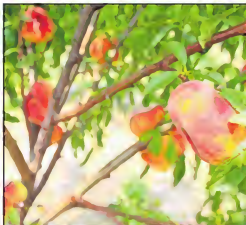
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TIFFANY MAYER / SPECIAL TO QMI AGENCY NIAGARA

Doughnut peaches growing in Jack Romagnoli's Beamsville orchard.



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LOCAL NEWS

How Michelle became Michael

MARYANNE FIRTH
QMI Agency Niagara

He sits back, his hand grazing his facial hair as he thinks about where to start.

It has been a long journey, 39 years in the making.

Rummaging through a box of keepsakes, he pulls out a photo.

In it, a blond-haired, brown-eyed girl sits contentedly, putting on her best pose for the person behind the lens.

Meant to be a cherished reminder of his childhood, it instead reaffirms that Michael Sherman is now exactly where he should be in life.

Michelle, the young girl in the photo, is gone. It took 34 years, but she eventually gave way to Michael.

It took more than three decades of confusion, depression and loneliness for Michael to realize he was a man born into a woman's body.

He has since focused on making his own transition, while also educating the public about the transgender community and providing support to people taking a similar path.

It was at the age of five when Michael first began realizing something was off.

He felt different. He felt uncomfortable in his own skin.

"I knew something was wrong, but couldn't put a name to it," he says, thinking back.

Whenever Michael's mother tried to put her then-daughter into a dress, the kicking and

screaming would begin.

"When I was little, I used to sneak into my brother's room and steal his clothes to try on," he admits, recalling the jealousy he felt for his younger sibling.

At age 19, Michelle came out to family as a lesbian. That lasted for 15 years, all the while still not feeling right.

Continued on next page

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MARYANNE FURTH/STAFF PHOTO

Michael Sherman, a transgender Welland man, holds a photo of himself as a child. Sherman was born a woman and now acts as an advocate for the transgender community.

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How Michelle became Michael

From previous page

It was after moving to Niagara in 2005 and meeting a new group of friends that Michael was encouraged to further explore those bottled-up feelings.

He began watching videos on YouTube following people who shared their stories after undergoing a gender transition. All he could think was "Wow, this is me."

On Jan. 27, 2009, Michael was introduced to the world.

"Once I came out to myself, it was like a weight had lifted off my shoulders," he says.

"I was able to lift my head up and see the world differently."

After accepting his own truth, Michael realized he would now have to share the news, as delicately as possible, with his family.

He wrote a 15-page letter to his mother.

"I explained every detail to her, so she wouldn't blame herself," he says.

When the pair finally connected by phone, Michael started off by saying: "Mom, I've never been your daughter."

Her response: "No, you've always been my son."

While it was a struggle at first for Linda Prior to accept all aspects of her son's transition, she always stood by Michael's side.

She had known all along that something was different.

When Michael finally shared the truth, "it was such a relief to me," Linda says.

For so many years she did not know why her child was so unhappy or how to fix the problem.

"It was such a relief. It felt like a weight was lifted off my shoulders, to now know, to understand," she says.

In an 11-month period Michael legally changed his name, began taking hormones to boost testosterone levels and started sharing his story publicly.

He has since undergone a hysterectomy and, most recently, underwent a double mastectomy to further his transition.

He hopes to have his final surgery, a phalloplasty, completed next, prior to his 40th birthday on June 24 next year.

Michael has no intentions of hiding his transition from the world.

"I want to help other people out," he says, and to educate

the public about the transgender community.

He's working to create a support group for transgender youth and adults in Welland and surrounding areas. It's expected to be up and running before school starts in September.

"I think back to when I first came out, thinking I was the only one," Michael says.

"But I wasn't the only one. You're not alone out there."

While Michael had his family by his side, he knows not everyone has a similar support system.

"He wants to help other people because he knows the horrible struggle it can be. I couldn't be prouder of him," Linda says.

"And I'll always back him 110%."

"No child asks to take that difficult journey," she says.

"A parent should stand behind their child no matter what. Who are we to judge?"

There are supports available in Niagara for members of the LGBTQ (lesbian, gay, bisexual, transgendered and questioning) community, including those offered by Quest Community Health Centre.

The centre, which works

closely with Rainbow Health Ontario, works to remove barriers that may prevent people in the LGBTQ community from accessing primary health care.

When people don't feel understood or sense transphobia, they may become unwilling to access the care they need, says program director Jenny Stranges.

"We want to remove those barriers and create a welcoming space."

In addition to primary health care, Quest CHC provides supportive counselling, post-surgery support and even works with families trying to understand the transition, says executive director Coletta McGrath.

It has become a "hub for education and resources" in Niagara and other parts of southern Ontario.

McGrath believes the region is evolving as people become more sensitive to the LGBTQ community.

"We're building inclusivity in Nia-

gara," Stranges says.

"We see good things on the horizon."

Michael is also confident the region is taking strides forward.

"We've come a long way," he says.

He wants to help the public understand that those in the transgender community are "just regular, ordinary people."

"They could be your son, your daughter, your neighbour, your bus driver."

"Most people are afraid of the unknown. Get to know me as a person," he says.

"Being trans is only one part of who I am."

For more information on the Welland support group, e-mail Michael at michael.lee8@hotmail.com.

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LOCAL NEWS

■ RESCUE EFFORT

‘Make sure they don’t go extinct’

DAN DAKIN
Tribune Staff

Mark Drysdale wishes he didn't have to

keep endangered animals at his house.

Ideally, the two black and white lemurs that run around his family's 30-acre Wainfleet property would be living a normal

lemur life where they belong, in Madagascar.

The problem, said Drysdale, is there's little room left in the African island nation for the primates to go. Mass deforestation has resulted in the world's black and white lemur population dropping to around 600 in the wild, putting the animals on the critically endangered list.

Drysdale, who runs Ringtail Ranch and Rescue along with his wife Joni and their three daughters, is part of a small group of people trying to save the species.

"Our goal is to make sure they don't go extinct," he said Saturday, during an open house at the family's property.

It was one of the first times the family has spoken publicly about the rescue program it runs in Wainfleet. In addition to the three lemurs, there are foxes, kangaroos, monkeys, horses — about 30 different animals in all — living in and around the house.

"We've always been very private about it. It's a very touchy subject for a lot of people, whether or not they should be kept in captivity," he said.

"But we're getting to the point where a lot of animals are going extinct, and if we don't get some good captive breeding programs going, especially with some primates, we're going to lose them forever."

Amber Drysdale, 14, said the animals are treated like family. "It's fun watching them all growing up. If anything goes wrong, it's just as sad," she said. "There's work involved, but it's worth it."

The family often takes the animals to public events, schools and retirement homes.

At the Wainfleet property, most of the animals are kept out in the



DAN DAKIN/STAFF PHOTO

Mark Drysdale, from the Ringtail Ranch and Rescue in Wainfleet, holds Penny, an 18-month-old lemur during an open house at the facility Saturday. Drysdale said his family's rescue organization has 30 animals on its 30-acre property.

open where they mingle with each other and with anyone who comes to visit.

"They grew up together from babies, kind of as siblings," Drysdale said. "They all get along and co-exist."

More than 300 people attended the open house Saturday, which also served as a fundraiser to help the family build a 3,000-square-foot breeding facility for the endangered lemurs.

There are around 10,000 black and white lemurs in captivity at zoos, rescue sites and with personal collectors around the world, he said. Many of the people who own the animals are working to increase their population, potentially to release them back into the wild.

The problem, though, is lemurs only mate with a single partner, so it's not as easy as using studs and mass breeding them. And when they do pair up, the animals have a single breeding window each year that lasts about 12 hours.

*If we can get a proper breeding facility going and get enough

of a genetic diversity, we can save them," Drysdale said. "Whether or not they will ever be released back to Madagascar is something I can't answer. It might not happen in my lifetime.

"All we can do is make sure they don't go extinct and hopefully (Madagascar) will realize they have to save some of the forest that's left."

In addition to the two black and white lemurs the Drydales already have, another three are expected to arrive later this year including two from the U.S. and one from Alberta.

The family is allowed to keep the wild animals at their property because there's no bylaw in Wainfleet preventing it.

"The reaction is mixed," said Drysdale. "I honestly wish we didn't have to get involved and nature could take care of itself, but we've changed the world to the point where it's not working in some of these countries."

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■ **MUNICIPAL AFFAIRS:** Niagara politicians plead their case about cop budgets

Police costs dominated municipal concerns at AMO

JENNIFER ORRIN
QMI Agency

Municipalities across Ontario need to create war chests to fund legal battles against police associations over budget requests, say Niagara Region politicians who worked the room at last Tuesday's Association of Municipalities of Ontario conference.

As politicians flocked to a seminar on police costs — so popular the conference ran two back-to-back — Niagara Falls Coun. Selina Volpatti discreetly passed out flyers announcing a post-conference huddle to discuss the benefits of arming themselves with ready-to-use cash.

Every municipality should have its own war chest of reserve funds to be used if necessary for a legal battle with their police association, said Volpatti, who invited politicians to a meeting at the hotel room of her colleague Bruce Timms of St. Catharines.

Timms has proposed Niagara council set aside \$200,000 a year in a fund to help the municipality stand its ground against Niagara Regional Police budgets. The issue is expected to be discussed at the region's corporate services committee in September.

Volpatti and Timms were promoting the plan to their peers at the conference at the London

Convention Centre attended by representatives of Ontario's 444 municipal governments.

"Politicians are somewhat to blame for the runaway costs because we're not willing to stand up and defend the taxpayer against some of these arbitration rulings," Timms said after a seminar on policing costs.

"What we are trying to do is set up a reserve fund so we are prepared to defend ourselves when the board appeals our decision."

Police salaries have been rapidly increasing across Ontario, largely due to a benchmarking system by police associations in which a lucrative deal in one place becomes the basis for other boards to match. If boards balk, terms of the precedent agreement often are bypassed by arbitrators.

Opposition critics as well as police board members across Ontario have long said the province needs to change the arbitration system because it ignores a municipality's ability to pay.

A made-in-London plan to attack the system by having police service boards agree to form a united front and prevent precedent-setting contracts is off to a shaky start because already two boards who had agreed to it have jumped ship and signed lucrative deals.

Paul Paolotto, budget chief of London's police services board, called the Niagara plan an "excellent strategy."

"I think cities across the province should give it every consideration."

Prescott Mayor Brett Todd, whose town is policed by OPP that received an explosive 8.55% raise this year, said he likes the plan as well.

"Anything that gets us together, whether it is establishing a war chest or anything else to battle this or take this thing on will convince the government and the arbitration board as well that they have to consider our ability to pay."

But London Coun. Joe Swan said the city already has a contingency fund that could be used for arbitration costs.

"It's a standard practice for the City of London. You have to be prepared for the worst and hope for the best," he said. "The province should help fund this."

In 2013, an arbitrator awarded Niagara Regional Police a pay increase of 3.05% retroactive to January 2012. Subsequent to that arbitration award, the police board and police association reached a deal in which police pay went up 2.6% in 2013, 2.5% in 2014 and will increase 2.5% in 2015.

At a meeting to discuss soaring police costs Tuesday, several mayors and politicians said it's time for the province to step in and freeze wages.

In the meantime, Timms said, municipalities should be ready to fight.

"If 40 different municipalities set up

this reserve fund to be prepared to defend an appeal, the province has got to get the message we are serious when we say we no longer have the ability to pay."

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However, there are compounds in grapefruit called furanocoumarins that can interfere with the way your body metabolizes certain medications. This can lead to dangerously high levels of medication in the body and may increase the risk of rare but serious or life-threatening side effects such as slowed heart rate and muscle deterioration. For a few medications, it can lead to decreased effectiveness because these medications need to be metabolized in order to become active. Don't take these interactions lightly, as some can cause potentially dangerous health problems.

Both grapefruit juice (either fresh or frozen) and the fruit itself can affect certain medications and the effects have been seen with as little as one 8-ounce (250 mL) glass of grapefruit juice. The effects of grapefruit juice on medications can last up to 3 days, so taking them at different times of day will not help. Naturally sweet orange juice has not been shown to affect medications the way grapefruit juice does, but tangelos (which are related to grapefruit), lime juice, and Seville (sour) oranges may affect medications.

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LOCALNEWS

■ **MARK MOLNAR:** St. Catharines and Lincoln town crier named tops in Ontario

Something to cry about

KARENA WALTER
QMI Agency Niagara

Mark Molnar should be shouting his news from the rooftops.

As the official town crier for St. Catharines — celebrating his 10-year anniversary this month — the man raised in Pelham has always been loud and proud.

Now, he can bellow he's the best of his proclaiming peers in the province.

Molnar's performance earlier this month at the 2014 Ontario Guild of Town Criers annual provincial championship in Port Perry earned him top marks.

"What's not to like about it? You get to yell at people without them yelling back," he joked.

"I love doing that stuff. Pretty much any time I put on the uniform, I'm having fun."

Born in St. Catharines, Molnar, 51, was

first bitten with the crier bug in the early 1980s. He was in the navy and found himself in the audience of a town crier competition in Halifax.

He turned to the person next to him and said, "I could do that."

The crier on stage heard and invited him up to try delivering an "Oyez!" After Molnar belted one out, the crier agreed, "You could do that."

Twenty years later, he attended a charity walk in Port Dalhousie and noticed the town crier kicking off the event was from out of town.

He wrote a letter to city council asking if he could be the city's official town crier and was appointed after a competition. After five years of working out of pocket, he was awarded a \$1,500 annual honorarium for travel and other expenses.

In the beginning, Molnar said, his cries were stiff and formal, but after getting tips from other criers

he's moved outside rigid boundaries and added more humour.

Now he cries at anywhere from 12 to 50 events a year, such as at Canada Day celebrations and parades. He also does private events like weddings and grand openings. And while he's willing to do political events, he has to make it clear in his cry that he is being hired to be there. He once cried at events held in Port Dalhousie for both pro and anti-tower groups.

"It's part of the mandate, I can't choose sides," he said. "I can't get involved in partisan politics."

Molnar, who studied theatre at Brock University, is also the town crier for the Town of Lincoln and is the president of the Ontario Guild of Town Criers until his two-year term is up in January. His wife, Margaret Hughes, is in the spirit and attends competitions wearing the period dress for consorts.

Molnar had to deliver three cries

over the Aug. 9 and 10 provincial competition, on the subjects of microbreweries, anything British and farmers, markets or farmers' markets.

Seventeen town criers were judged on the content of their cries, their clarity and projection, how they enter and exit the stage and their general appearance.

Molnar was impressed with his competitors. "A lot of the newer criers coming in are bringing in a lot of skills that, when I started I had to build up," he said.

After 10 years of competing, Molnar took home boasting rights and a large engraved trophy.

As he celebrates a decade as St. Catharines town crier, he wouldn't be surprised to find himself in the role for the next 10 years, too.

"Sure, so long as my voice holds out."

karena.walter@summedia.ca



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SEPTEMBER 2

WOMEN'S ENTREPRENEUR

classes (in French) are folded into an eight-week program beginning this day at Welland Heritage Council and Multicultural Centre, Monday to Friday, 9 a.m. to 2:30 p.m. Child care available. Contact Lori for more information at webster@wellandheritagecouncil.com or 905-732-5337 ext. 128.

SEPTEMBER 3

PROGRESSIVE BRIDGE

A six-week session at Pelham Public Library with certified instructor Ed Hills starts this day, 10:15 a.m. to 12:15 p.m., cost \$30. Register with the library at www.pelhamlibrary.on.ca or at 905-892-6443.

SEPTEMBER 4

SMART SERVE

training at Employment Solutions, 3 East Main St., Welland, 9 a.m. to 12:30 p.m. Call 905-768-3751 or e-mail reception@employment-solutions.org.

SEPTEMBER 6

HOCKEY EQUIPMENT SALE

Pelham Minor Hockey Association holds its second annual equipment trunk sale and swap, at Pelham Arena parking lot, 9 a.m. to noon. For information or to reserve a parking spot, contact Paul Wilson at thewilsonsons@sympatico.ca or at 905-328-8329.

SEPTEMBER 15

STRATEGIES FOR AUTISM

Join Wendy Arscoft, RSSW, BEd, MEd, in looking at ways caregivers can alleviate situations with relative ease and simplicity. Wendy is a counsellor, consultant and trainer with more than 20 years of experience. Takes place at Pelham Public Library, 7:30 p.m. to 8:30 p.m.; cost \$3. Register at 905-892-6443.

SEPTEMBER 16

WHIMIS

training at Employment Solutions, 3 East Main St., Welland, 9 a.m. to 12:30 p.m. Call 905-768-3751 or e-mail reception@employment-solutions.org.

solutions.org.

CARD-MAKING WORKSHOP

Make six cards with fall themes, learning a variety of techniques. Materials are provided; at Pelham Public Library, 10 a.m. to 12:30 p.m., Cost \$10. Register at 905-892-6443.

SEPTEMBER 17

AUTHOR READING

Terry Fallis returns to Pelham Public Library to read from *No Relation*, his fourth novel. Fallis's sharp, funny wit takes readers into the world of identity, inheritance and belonging, begging the question: What's in a name? He's the winner of Canada Reads and the Stephen Leacock Award for Humour. Starts 7:30 p.m.; cost \$10. Purchase tickets at www.pelhamlibrary.on.ca or 905-892-6443.

SEPTEMBER 23

FOR NIAGARA LADIES

Niagara Women's Connection invites you to an afternoon of Friendship, inspiration and fun, 1 p.m. to 3 p.m., at Kirk on the Hill, 1344 Haste St., Pelham. Kelly Miller of Steeped Tea (featured on Dragon's Den) will talk about health benefits and fun of tea. Guest speaker is Janey Walker of Brampton. Cost \$7: coffee, tea, treats and door prizes all provided. Babysitting free of charge. RSVP to Geraldine Locky at 905-734-1235 or Rose Hothel at 905-735-8818.

SMART SERVE

training at Employment Solutions, 3 East Main St., Welland, 9 a.m. to 12:30 p.m. Call 905-768-3751 or e-mail reception@employment-solutions.org.

SEPTEMBER 25

FIRST AID/CPR/AED

instruction, and on Sept. 26, at Employment Solutions, 3 East Main St., Welland, 9 a.m. to 4:15 p.m. Call 905-768-3751 or e-mail reception@employment-solutions.org.

SEPTEMBER 27

PELHAM HIGH REUNION

1 p.m. to 5 p.m. at Lupa Park, 2850 Oile Rd., North Pelham. If you were a student, staff or support staff member of the former Pelham High School in Fenwick, please join us. Cost \$10. Registration begins at 12:30 p.m. For more

info call 905-892-7090 or e-mail pelhamhighreunion8@gmail.com.

ONGOING

ST. ANN'S BINGO

runs in Fenwick Tuesday nights starting at 7 p.m. Sept. 9, Dec. 9, 834 Canboro Rd. Chance to win \$100. Wheelchair accessible. For information call 905-892-6123. Also runs late January to first week of June.

ONTARIO SELF EMPLOYMENT

Benefit Program has free information sessions: Aug. 21, 2 p.m. to 4 p.m., 905-732-7655; Aug. 28, 2 p.m., at Port Cares, 905-834-3629. Sign up to learn more about how this program can help you with starting your own business.

SCRAPPY DROP IN

Work on your latest cardmaking, stamping, scrapbooking or scrapbooking project. A swap table will be set out each Monday at Pelham Public Library from 10:30 a.m. to 12:30 p.m. Cost \$2.

FREE ART WORKSHOPS

Held by In the Orchard Programming for the Arts, Free Art2 Workshops every Thursday for ages 13+ (sponsored by the Ministry of Tourism and Culture). Where: The Happy Place Art Studio, 1433 Pelham St.

ROSE CITY TOASTMASTERS

Have fun and improve your communication skills, for free at any of the Rose City Toastmasters summer meetings: July 10, 23 and Aug. 7 and 20, 7 p.m. to 9 p.m., in the Lower Community Room of Welland Arena, 501 King St., Welland. Visit welland.toastmastersclubs.org.

SPAN

(Single Person Association of Niagara) is a social club since 1982 for mature singles who meet and mingle at Iggy's Pub, 115 Hwy. 20, Fonthill, every Tuesday from 6 p.m. to 8 p.m. Offers members a monthly calendar of social activities. Further information, call Lynne at 905-788-0359.

BEGINNER BRIDGE

Learn as you play, at Pelham Public Library, Ed Hills, a certified instructor with the ACBL and ABTA, will walk you through your first steps. Mondays, Aug. 11, 25 from 10 a.m. to noon. Free. Register ahead at www.pelhamlibrary.on.ca or 905-892-6443.

pelhamlibrary.on.ca or 905-892-6443.

INFERTILITY SUPPORT GROUP

Niagara pregnancies are held the first Wednesday of each month at 2:30 p.m. for anyone experiencing primary infertility. Call or text 289-821-4606 or e-mail infertilityniagara@hotmail.com for location or more information.

WELLAND RIVER KEEPERS

meets the third Tuesday of every month at Niagara Peninsula Conservation Authority office, 250 Thorold Rd. W., Welland, third floor, 7 p.m. More info, 905-735-9861.

DROP-IN BRIDGE

Wednesday at Pelham Library, 1 p.m. to 3 p.m. Come alone or with a friend. Refreshments. Call ahead for the schedule at 905-892-6443. Cost \$1.

FIBROMYALGIA MEETING

Every second Tuesday through June at Rappee Lodge, Plymouth Rd., Welland. More info, Vicki 905-384-2294. Support, understanding and open discussions.

TOIF CRAFT AFTERNOON

The popular "Yarn exchange" at Pelham Public Library has been expanded to include all kinds of crafts. Bring your yarn, needles, hooks, scrapbooking, stamping and beading supplies; fabric, etc. and trade for something you can use. All leftovers will be used for library projects or donated to a non-profit. Runs 1 p.m. to 3:30 p.m., Cost \$2.

WOMEN'S INSTITUTE

The Fonthill-Singer's Corners Branch of the Women's Institute is looking for new members. We meet on the first Wednesday of the month, 1:30 p.m. to 4 p.m. We welcome women wishing to contribute to our community. If you would like to enjoy the fellowship and events planned for this coming year, please call 905-892-6891 for more information.

A CAPPELLA NIAGARA

Men's Chorus invites singers for fun, fellowship and fabulous four-part harmony at Welland Community Wellness Complex, 145 Lincoln St., Tuesdays, 6:30 p.m. For information call Kerry at 289-820-6584.

BEREAVEMENT SUPPORT

Anyone who is grieving the loss of a loved one, meetings are every second and fourth Thursday of the month at St. Kevin's church, Bereavement Room (first floor), to 9 p.m., 303 Niagara St. Call 905-732-3969 for further information.

NIAGARA REGIONAL LITERACY

Council assists adults in improving their reading, writing, grammar, math, spelling and computer skills and provides GED preparation and readiness for work programs. Our literacy and essential skills programs are free of charge and can be done through one-on-one tutoring or small group classes. Located at 3 Great Western St., attached to the St. Catharines Via train station, call Pat at 905-887-8299 for more information.

ALZHEIMER SOCIETY

of Niagara Region support groups for care partners meet the first Tuesday of the month, 1:30 p.m. to 3 p.m. at Welland Community Wellness Complex, and second Wednesday of the month, same time, at Foyer Richelieu. For information, call 905-887-3314.

NIAGARA BONSAI SOCIETY

meets on the third Sunday of each month, 1:30 p.m. at St. Mark's Church, 41 Byron St. (across from Simcoe Park), Niagara-on-the-Lake. All are welcome. For further information contact niagarabonsai@gmail.com.

VOLUNTEER DRIVERS

needed by Community Support Services of Niagara, within and outside the region. Volunteers are reimbursed mileage and hours are flexible (between 8 a.m. and 4 p.m., Monday to Friday). Call Laura Dumas at 905-768-3181 ext. 27 or e-mail ldumas@csssa.ca for more program details. You can also visit www.cssn.ca.

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LOCAL NEWS

■ FONTHILL BANDSHELL

De Temps Antan promises laughter with music

This week's show at the Fonthill bandshell is taking on a Quebec flavour.

De Temps Antan gives a two-hour performance Thursday evening starting at 7.

De Temps Antan uses its musical flair to create memorable songs of yesteryear — songs deep with uncontrolled laughter, deep-

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ments, our three virtuosos blend boundless energy with the unmistakable joie de vivre found only in traditional Quebec music.

For more information, visit www.fonthillbandshell.com

This week's show is presented by La Caisse Populaire and Club Richelieu. Admission is free, but donations are always welcomed.



De Temps Antan.

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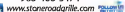
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■ SPORTS: 2015 Pan Am Games

Pan Am ticket prices, schedules released

DAN DAKIN
QMI Agency Niagara

If you want to catch a medal round of the Pan Am Games canoe/kayak sprint races in Welland next year, it'll cost you \$35 a person.

The organizers of the Toronto 2015 Pan Am Games released the ticket prices and schedule last week for all of the ceremonies and competitions

planned for the games, scheduled for July 10-26.

Niagara venues include Welland International Flatwater Centre, which will host the canoe/kayak sprint events July 10-14 and Henley Island in St. Catharines, which will host the rowing events July 10-15.

All of the preliminary rounds of the flatwater canoe/kayak events in Welland will be free for specta-

tors to attend. The medal sessions will be \$35 for adults and \$17.50 for anyone under 16 or older than 65.

That pricing is the most common amount for most medal sessions for the 37 different sports athletes will be competing in at the Pan Am Games. However, the most expensive medal session tickets are for swimming, track and field and track cycling, which all range from \$80 to \$140.

At Henley Island, tickets for the preliminary rounds range from \$25 to \$45 and medal session prices range from \$45 to \$75.

To catch the opening ceremonies at the 56,000-seat Rogers Centre on July 10, tickets will cost between \$100 and



\$350. The closing ceremonies on July 26 at the Rogers Centre range from \$90 to \$200.

More details with specific competition schedules are set to be released in a few weeks. Ticket requests will open on the Pan Am site at www.toronto2015.org

starting at 10 a.m. on Sept. 15. For a full list of event dates and ticket prices, go to: www.toronto2015.org/tickets/schedule-prices.

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WEEKLY SPECIALS

Johnny Famous is not just a restaurant, it is an experience one will not soon forget. Our guests are surprised by the beauty of the restaurant when they first walk in and then equally amazed by the quality of the food and service by the time they leave. From our traditional fish and chips to our lovely surf and turf dinner, our menu will please every palate and our restaurant every guest! All senses will be stunned. We promise!



For up to date information about Johnny Famous, like us on Facebook or go to our homepage at:
<http://www.johnnyfamous.ca/#/>



SUNDAYS-

We have a new Brunch/Lunch Menu. Mimosas and Caesars just 4.50 all day. 2 can dine for 99.

2 surf and turf dinners with a bottle of house wine for just **\$99.**

MONDAY-

Customer Appreciation Night. **15% off** all food purchases.

TUESDAY-

Italian Night. With any Italian entrée order receive **FREE** Italian Garlic Bread and a Panna Cotta for dessert. Enjoy a drink for just 4.50 from our new Italian Cocktail list.

WEDNESDAYS-

Wine Down Wednesdays-half off the price of over 15 wines from our regular wine menu.

THURSDAY-

Tapas Thursdays and Cocktail night. Sample amazing tapas from our exclusive tapas menu and enjoy all 1.5oz cocktails from our menu for just **\$4.95.**

FRIDAYS-

Facebook Fridays. Mention the special posted on Friday and it is yours.

They will be amazing! Ladies night after 8:30pm **2 for 1 DRINKS** for women.

SATURDAYS-

After 8:30pm, enjoy half priced appetizers and all 1.5oz Cocktails for just **\$4.95.** We will have monthly-live bands or DJ parties.

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Louisiana Cuisine

So what's so special about Louisiana cuisine? Start with the fact that Louisiana cuisine is the only cuisine that's indigenous to the United States. The Cajun and Creole food of Louisiana is actually the original "fusion" cuisine that came from what's called the 7 Nations of Louisiana (Africa, Germany, Italy, Spain, France, England and Native Americans.) The merging of cuisines has yielded some of the most interesting and unique foods you can find in North America... seafood gumbos, jambalayas, shrimp etouffee, blackened redfish, po'boys and, of course, Popeyes famous chicken.

But Louisiana cuisine isn't simply about food. In Louisiana food is a passion, and recipes aren't just written down — they're passed down from generation to generation. The food is respected for the slow and thoughtful way it's prepared. And, a real Louisianan understands good food is even better when it's shared with family and friends. There's a place where the world of fast food meets slow, authentic Louisiana cooking and the sharing of good food with loved ones. Welcome to Louisiana Fast™. Welcome to Popeyes®.

Popeyes BONA FIDE™ bone-in chicken is always marinated for 12 hours in authentic Louisiana herbs and spices, hand battered and breaded in a unique crispy coating and fried up fresh.

The Popeyes Story

The Popeyes story began in 1972, when Al Copeland opened the first Popeyes in a suburb of New Orleans Branded "Popeyes" after the character Popeye Doyle in the movie "The French Connection," the concept featured the delicious New Orleans-style fried chicken that has now made Popeyes famous throughout the world. In 2012 Popeyes celebrated its 40th anniversary. The brand is enjoying a new focus, resulting in fresh new ideas and solid direction, which promises to propel the company further into the hearts — and stomachs — of its longtime fans.

Celebrating 30 years in Canada, come visit our new location in Welland at 503 Niagara St. E. For a complete list of our locations visit PopeyesChicken.ca

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visit popeyeschicken.ca for full menu and locations.

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Engagements

Engagements



John and Vickie van Ravensway and Glenn & Alicia Forst are pleased to announce the engagement of their children Krista van Ravensway to Aaron Forst. Their wedding will take place in October, 2014 in Niagara. Congratulations!!
All our love Mom and Dad



ASHDOWN, Alfred W. B. - Peacefully, at the Greater Niagara General Hospital in Niagara Falls, Ontario, on Saturday, August 23, 2014. Alf was the beloved husband of the late Jean (nee Macdonald). He is survived by sons Paul (Kathryn), David (Lori) and Graham (Mary), grandfather to Melissa (Karl) Fetherstonhaugh, Carrie (Andrew) Warrack, Nicholas, Michael (Lacey) Bazouin, Ryan and Clayton Ashdown, great-grandfather to Benjamin, Jillian, Dryden, Teaghan, Jessica, Christopher, Meaghan & her brother Jamie, lovingly remembered by Erin Tracey, uncle to Glenda Kerrigan, Stephen Cress and Maureen Kowal, predeceased by sisters Gladys Cress and Shirley Ashdown. Alf was born in London Ontario and later moved to St. Catharines where he graduated from the St. Catharines Collegiate and met Jean. On the advice of his Grade 13 math teacher, Alf attended the University of Toronto to learn all about a new radio technology in support of the war effort called radar. After being sworn to secrecy, he served in WWII with the RCAF in Reykjavik, Iceland and various locations throughout England. After returning home from the war he began a successful golf business with his father Ben and a year later married Jean. Alf was a member of the Kiwanis Club, St. Catharines Golf & Country Club, a faithful member of Memorial United Church and volunteer at Wayside House. Alf loved to sing in choirs and play trumpet in the family band. "King Alf" was chairman of the board & a charter member of the PDGA (& newly formed LPDGA) Annual Sport Fishing Tourney for the past 46 years. He will be sadly missed by his large circle of friends & golfing buddies. Alf will always be remembered for his caring, gentle & loving ways. The family would like to thank the management & staff at Lookout Ridge. Cremation has taken place. A celebration of Alf's life will be held at the Lookout Ridge Chapel, 1505 Lookout Street in Niagara, Ontario on Saturday September 28th at 11AM. In lieu of flowers memorial donations may be made to the Heart & Stroke Foundation or a charity of your choice. Arrangements entrusted to the HULSE & ENGLISH FUNERAL HOME & CHAPEL, 75 Church Street, St. Catharines (905-684-6346). On-line tributes may be made at www.hulseandenglish.com

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A donation has been made to the Hulse and English Memorial Fund towards the greening of St. Catharines



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The Town of Pelham is now accepting resumes from applicants with a diploma in Recreation & Leisure Studies, Arts & Culture Administration or a related field, Standard First Aid and CPR C Certification, a valid driver's license, and a minimum of one year experience in recreation programming. This full-time opportunity is offered at \$41,860.00 - \$49,249.20 annually.

Visit pelham.ca/career-opportunities for more information and to apply by Tuesday, September 2, 2014.

Special Events and Festivals Programmer



The Town of Pelham is now accepting resumes from applicants with a Recreation & Leisure Studies Diploma or related field, Standard First Aid and CPR C Certification, a valid driver's license and a minimum of one year experience in programming. This full-time opportunity is offered at \$41,860.00 - \$49,249.20 annually.

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90-SECOND CIRCULATION BOOSTER

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OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that N-O helps over 40 men! produce enough N-O. In fact, your body produces less than half of what it did at 20.



NOBEL PRIZE WINNING DISCOVERY

Three researchers received the 1992 Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenes® Late has created a revolutionary ointment, called Neo 40 daily, that makes it easy to restore N-O levels. Neogenes® Late has been shown to increase your N-O to youthful levels by only applying within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY
Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The flow is applied to women, increasing blood flow to the uterus, and a different way Dr. Bryan. A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammie from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom."

"We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S. of New York.



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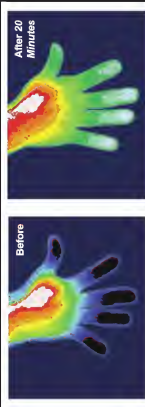
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Dark = Low Blood Flow

Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!"
Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

BEEF & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of B vitamins, boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the right pairing combination of red beet and Hawthorn berry.

The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

"I recommend this lozenges because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

CLINICALLY SHOWN TO HELP YOUR BODY:

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